

Counseling Female Clients about Risk of Zika Infection in Areas WITH Local Transmission

Evaluating current and future risk

1. Have you had any of these symptoms of Zika infection in the past 8 weeks?
 - ▶ Fever
 - ▶ Rash
 - ▶ Joint pain/Arthralgias
 - ▶ Red eyes/Conjunctivitis
2. Has anyone you have sex with had any of these symptoms in the past 6 months (for male partners) or 8 weeks (for female partners)?
 - ▶ Fever
 - ▶ Rash
 - ▶ Joint pain/Arthralgias
 - ▶ Red eyes/Conjunctivitis

Recommendations

- ▶ If a female has confirmed Zika infection or clinical illness consistent with Zika, she should wait at least 8 weeks after symptom onset before attempting conception, and should use condoms for at least 8 weeks to prevent sexual transmission to others.
- ▶ If a male partner has confirmed Zika infection or clinical illness consistent with Zika, the couple should delay attempts at conception for at least 6 months and should use condoms during that time (i.e., at least 6 months) to prevent sexual transmission.
- ▶ If neither the female nor male partner has confirmed Zika infection or develops clinical illness, and if the woman is concerned about getting Zika and does **not** desire pregnancy, she should use condoms or abstain from sex as long as Zika is circulating in the area, in addition to using other contraceptive methods of her choosing to prevent pregnancy.
- ▶ If neither partner has confirmed Zika infection or develops clinical illness, women should know that it is possible for an individual to spread Zika to his or her partner, even without symptoms. Women should talk to their healthcare provider before attempting conception.

Educating Clients

See **Client Handouts #1 and #2** for plain language and images to use when educating female clients in areas with Zika about the key messages. Use Client Handouts #1 and #3 when educating male clients. These handouts also serve as take-home materials for clients. Provide a handout on correct use of condoms (male or female).



- ▶ Women and their partners with symptoms should be tested for Zika virus. CDC does not recommend testing of asymptomatic men or women for the purpose of establishing that they are not infected with Zika nor at risk of sexually transmitting Zika. This is because a negative test result may be falsely reassuring. Whereas a positive Zika test result indicates the definitive need to delay pregnancy, a negative test result cannot be used to establish the absence of risk.
- ▶ Women who desire pregnancy should consider timing of conception given the potential risk of Zika virus infection during pregnancy. When weighing the benefits and risks, couples should consider personal factors (such as age and fertility), as well as the ability of both partners to use mosquito bite prevention strategies prior to and during pregnancy by using the following strategies (see Job Aid #5):
 - Wear long-sleeved shirts, long pants, and socks.
 - Stay and sleep in places with air conditioning and window and door screens.
 - Sleep under a mosquito bed net if unable to close windows and doors.
 - Use Environmental Protection Agency (EPA)-registered insect repellents with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol or 2-undecanone (These insect repellents are safe to use during pregnancy).
 - Wear permethrin-treated clothing.
 - Eliminate standing water near one's home and workplace.